

» the fat fish »

**FREE
WiFi**

password: thefatfish

CHRONICLES

PLETTENBERG BAY / GARDEN ROUTE / SOUTH AFRICA

EDITION 13

Open Monday to Sunday 11:30am to 10:00pm - Reservations 044 533 4740

FREE COPY



The Le Fleur Family, photographed in 1923. Standing are, from left, Miss Dorothy, Andrew Abraham Stockenstrom le Fleur I (Die Kneg), member of Kok family, Abraham Andrew (Hoof Abraham), and Annie (Miss Dollie). Seated from left are Adam Johannes (Bestuur), member of Kok family, Tom (Jonghoof), Rachel (Miss Ray), Rachel Susanna (born Kok, crown mother/Oumiesies), Miss Charlotte, and Andrew Abraham Stockenstrom le Fleur (former Paramount Chief)..

BIG FAT TAPAS

TAPAS originated in Andalusia in the south of Spain, where a small 'tapa' was served with drinks in bars, often just a slice of cured meat or a piece of cheese. According to culinary legend these 'tapas' were used to cover wine glasses - this to keep the aroma in and the flies out. The Fat Fish takes tapas to a new gastronomic high...with no flies!

PERI PERI CHICKEN LIVERS

Pan fried chicken livers in a creamy peri peri sauce with crème fraiche and smoked chilli flakes, served with sourdough bread

R69

TEMPURA PRAWNS

Five prawns fried until crisp in a sesame seed tempura batter, served with ponzu dipping sauce

R120

CAJUN BABY SQUID

Salt and pepper deep fried squid served on our spicy Cajun Fat Fish sauce

R75

SKILPADJIES

A South African lamb offal delicacy! Served with a spicy ginger tomato relish and pickled cauliflower

R78

MUSHROOM ARANCINI

Wild mushroom risotto balls filled with Mozzarella cheese, deep fried until golden and served on a creamy blue cheese sauce

R72

SOUSED SALMON

Smoked salmon with a naartjie, lime and chilli dressing served with shaved fennel

R85

BOBOTIE SPRING ROLLS

Crispy spring rolls filled with a traditional South African bobotie served with homemade pineapple chutney

R70

WHITEBAIT

Hot and delicious fresh whitebait with black garlic aioli

R60

OYSTERS

Classic with Tabasco, lemon and cracked black pepper

S.Q.

FISHCAKES

Fantastically simple served with a basil, spring onion and tomato salsa

R65

POTATO AND CHEESE CROQUETTES

Simple yet delicious! Served with a roasted red pepper dipping sauce

R69

SAMOOSAS

Lentil and pea samosas served with a date and tamarind chutney

R62

Continued on the next page...

SIMON SAYS... Over tourism?

A recent article I read highlighted the dangers of "over tourism". The cities of Venice, Barcelona and Porto, among others, have seen public demonstrations against excessive tourism. Certain beaches in Asia have been indefinitely closed for rehabilitation and monuments shut for repair.

Everyone agrees that tourism is essential to local economies, but unchecked growth is having negative consequences. So when is enough, enough and is this relevant to Plett and its bounty of natural surroundings?

Robberg Nature Reserve, Plett's most iconic landmark, is well used by locals and tourists alike. Its beauty is un-paralleled, and I would venture an opinion that it is already under pressure from the volume of visitors, hikers and cross country runners. Cape Nature are the guardians of this peninsula, but do they have a plan to ensure that it remains fabulously beautiful?

We need to learn from our European cousins. Let's not over extend the goose that lays the golden egg! Have a wonderful summer and please celebrate Plett's natural beauty responsibly..

Starters, salads, main dishes, kiddies menu, desserts...

AND EVERYTHING ELSE

To fully appreciate each dish please stick to the menu

NOT SO FAT

- CAESAR SALAD** R85
With Smoked Chicken R125
A Fat Fish favourite. Cos lettuce, crisp Parma ham, white anchovy, poached egg, and garlic croutons with a light creamy anchovy dressing and Parmesan
- VIETNAMESE BEEF SALAD** R115
Marinated and seared hot Chalmar rump steak with a shredded salad of bean sprouts, mangetout, carrot, cucumber, herbs, rice noodles, and roasted cashew nuts with a sweet and tangy lime, chilli and fish sauce dressing
- HOUSE SALAD** R60
Green herb, pear, apple and avocado salad

- MUSSEL AND HAM HOCK CHOWDER** R75
A wonderfully rich and fragrant soup served with sourdough bread
- SMOKED KUDU CARPACCIO** R85
Home smoked kudu loin with crispy fried capers, green olives, marinated red onion and white anchovy, drizzled with a parsley sauce and served with lavash bread crisps
- TEMPURA PRAWN SALAD** R135
Five crisp sesame tempura prawns with baby greens, fresh coriander, red onion, avocado, grilled pineapple and sesame, tossed with a Japanese vinaigrette

Salads & Starters

- STICKY PEAR & BLUE CHEESE SALAD** R95
Caramelised pear, blue cheese, avocado, red onion, toasted almonds, and fresh mixed green leaves, dressed with a honey and thyme vinaigrette
- SPINACH, RICOTTA AND PINE NUT RAVIOLI** R85
Homemade spinach and ricotta ravioli served with pine nuts and a creamy roasted red pepper sauce
- SOURDOUGH BREAD** and butter R10



STREETSMART
SOUTH AFRICA
HELPING STREET CHILDREN

NOT SNEAKY, JUST SMART StreetSmart!

If you take a look at your bill at the end of your meal you should notice a R5 donation to StreetSmart has been added to it. Please note this IS a voluntary donation and you are more than welcome to ask your waitron to remove it, which we will gladly do without hesitation. Why, you may ask, is it there in the first place?

For the past four years The Fat Fish in Plettenberg Bay has been an avid and loyal supporter of the StreetSmart initiative. Set up in 2005 by a group of concerned Capetonians under the patronage of Archbishop Emeritus Desmond Tutu, StreetSmart SA is registered as a Public Benefit Organisation as well as a Non-profit Organisation. **Every cent donated by guests to StreetSmart goes directly towards social and educational upliftment projects for street children in that particular area**, i.e. money donated in the Plettenberg Bay area stays and benefits projects in our vicinity. The operating and administration costs for the organisation are covered by an entirely different set of corporate sponsors.

We really do understand and fully appreciate that many of our local guests, who eat with us on a regular basis, already support a charity of their choice in the area and as such would prefer not to donate. However, there can be no denying the incredible work done by the two charities that StreetSmart currently supports in Plettenberg Bay. The results are plain to see and your support would be much appreciated!

For more information please don't hesitate to ask your waitron for a copy of the 2017 StreetSmart Annual Report, which explains exactly how the organisation operates, who they support and more.

FAT GRILLS

- SIRLOIN STEAK** 300 grams R195
- RUMP STEAK** 300 grams R195
- Choose one of the following sauces** R25
- Peri Peri Cream Sauce
- Blue Cheese Sauce
- Green Peppercorn Sauce
- Mushroom Sauce

- RIB EYE STEAK WITH WILD MUSHROOM GRATIN** R230
Aged rib eye steak flame grilled then oven baked with a creamy wild mushroom and Parmesan gratin, served with crispy sweet potato fries

WE ONLY USE CHALMAR BEEF. Matured to perfection, chargrilled and topped with chef's herb butter, served with our hand cut chips tossed in rosemary flavoured salt

- SOY AND ORANGE GLAZED BABY CHICKEN** R165
Marinated baby chicken, grilled and basted with a soy and orange sauce. Served with a warm cous cous and roasted vegetable salad
- OSTRICH FILLET** R215
Ostrich fan fillet (200 grams) chargrilled and topped with herb butter, served with a warm salad of baby potatoes, tomato, walnuts, rocket and homemade basil pesto

First Nations - Kranshoek Griqua

From front page...

For the most part, the Griqua's identity is closely bound by their reverence for, and the legacy of, their former leader Andrew Abraham Stockenstrom le Fleur, otherwise known as "Die Kneg' (servant of God) or "The Reformer", who led the trek from Kokstad in the early 1920's when the Griqua people were yet again displaced. With others joining the trek along the way, the group first settled at Keurvlakte (Nature's Valley) then subsequently negotiated a lease for parts of the farm at Kranshoek, where they remain to this day.

A deeply religious man, Le Fleur was both leader and prophet, founder of the Griqua National Conference in the 1920's as well as the Griqua Independent Church. Many of his prophecies have proved true, not least of all that one day the Griqua would be represented in Geneva, Switzerland. Currently, a Griqua representative participates annually in an official delegation to Geneva as part of "The Indigenous People's of Africa Co-ordinating Committee". The Reformer's legacy is indisputable.

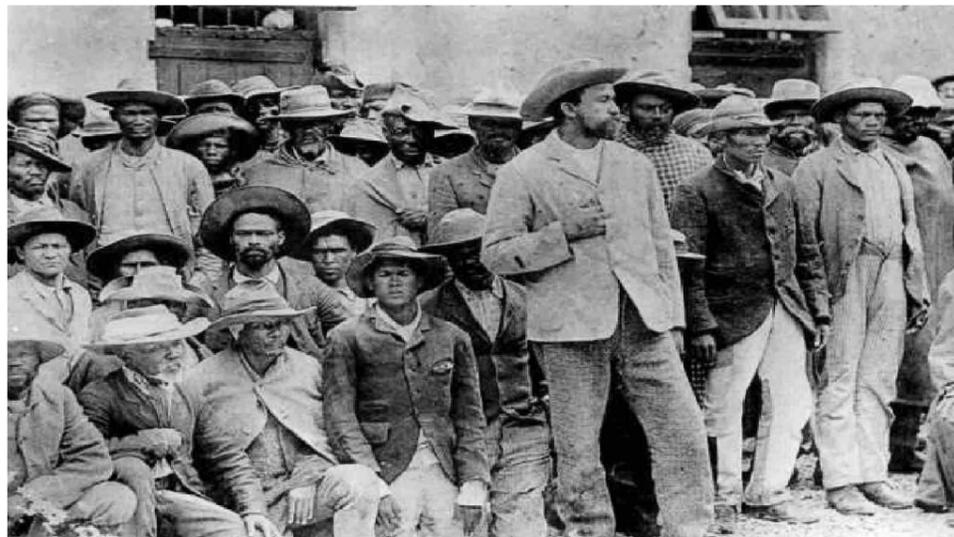
A visit to the community head office in Kranshoek is a must if you want to find out more. View historic

photographs, read news articles and editorials which will offer a fascinating insight into the Griqua from the time of Adam Kok to the present. If you are fortunate enough to be here during one of the Griqua festivals or celebrations, you may get to hear their anthem being sung by one of their famed choirs whilst watching the Griqua flag being raised. You will witness their passion for horses and horsemanship-expertise handed down through the generations over a century. Or you might experience the pure joy and abandonment of their traditional Nama Riel dance, one of the oldest forms of dance originating from the Khoi and San.

Thankfully, the progress brought by our country's democratic transition in 1994 and our remarkable Constitution which followed has allowed for a growing awareness and recognition of the Griqua people as a nation over the past two decades. Locally, one of the most exciting projects in this regard is being driven by Plett Tourism with the planned construction of a Cultural Centre Complex on the magnificent cliffs of Kranshoek. Preliminary drawings of the museum show a remarkable set of buildings which will house and disseminate the

thriving legacy and cultural heritage of our area and its people. According to Plett Tourism, "Its aim will be to weave together a number of cultural threads through an interpretative centre, art gallery, conference centre and theater."

One can only hope that the Griqua people will soon receive the support they rightfully deserve and that those beautiful plans and drawings materialise into being. Hopefully, all future visitors will leave our beautiful bay with yet another remarkable tale to tell.



Paramount Chief A.A.S. Lefleur I in Kokstad.

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FAT FISH

and other lekker things from the sea

THE FAT FISH AND CHIPS R110
The freshest fish available, deep fried in a beer batter until crisp and golden, served with chips seasoned with rosemary rock salt and tartare sauce

GRILLED HAKE WITH CAPER BUTTER R135
Grilled hake served with caper and lemon butter, lemon thyme steamed baby potatoes and butter tossed baby vegetables of the day

FRIED BABY SQUID R145
Baby calamari crispy fried and served with hand cut chips, and tartare sauce

HAKE & CALAMARI R165
Grilled hake served with crisp fried baby calamari, chips and wasabi mayonnaise

GRILLED PRAWNS S.Q.
6 per portion or 10 per portion
Prawns grilled to perfection and served with Basmati rice, spicy Cajun sauce, and garlic butter

BURMESE SEAFOOD CURRY R165
Fragrant coconut milk based curry with mussels, line fish and calamari, served with steamed Basmati rice and toasted coconut

SEARED NORWEGIAN SALMON R235
Seared salmon served on a healthy raw salad of summer vegetables with a creamy lemongrass and herb velouté sauce

ROAST MONKFISH TAIL R185
Roast monkfish tail with smoky Spanish butterbean and tomato stew served with salsa verde and green beans

GRILLED LINE FISH WITH STEAMED VEGETABLES S.Q.
The freshest locally caught line fish we can find with lemon thyme steamed baby potatoes and butter tossed baby vegetables of the day

PARMESAN CRUMBED KINGKLIP WITH SMOKED CHILLI BUTTER R205
Fillet of kingklip stuffed with smoked chilli butter, tossed in Parmesan breadcrumbs then baked until crisp and served with chips

FAT FISH SEAFOOD PLATTER FOR TWO S.Q.
Eight grilled prawns, Chinese five spice fried calamari, grilled linefish with smoked chilli butter, and mussels simmered in a Burmese curry sauce. Served with Basmati rice, garlic butter, and spicy Cajun sauce

FAT FISH SEAFOOD PLATTER FOR ONE S.Q.

SEAFOOD FETTUCINE R185
The freshest prawns, mussels, linefish and baby squid sautéed with fresh basil, chilli and garlic, tossed with fettucine in a creamy Napolitana sauce

POKE BOWL SALMON OR TOFU R180 R135
Salmon or tofu gently marinated in sesame oil, lemon juice, soya sauce and seven spice with Edamame beans, radishes, cucumber, avocado, pickled red onions, caviar pearls garnished with sesame seeds and micro herbs

THAI GREEN VEGETABLE CURRY R135
Thai green veg curry served with Basmati rice

GREEN PEA AND RICOTTA WHOLE WHEAT LINGUINE WITH MINT GREMOLATA R155
Homemade whole wheat pasta tossed with a mint and parsley gremolata, green peas, baby spinach and long stem broccoli

Extra! Extra!	
EXTRA VEG	R30
EXTRA CHIPS/RICE	R25
EXTRA AVOCADO	R25
EXTRA PARMESAN CHEESE	R15



See the wine list for our selection of dessert wines and Port

FAT DELIGHTS

WHITE CHOCOLATE CRÈME BRÛLÉE R65
A decadent dessert of white chocolate crème brulee with lavender shortbread, and berry compote

CHILLI CHOCOLATE MOUSSE R55
Decadent to the last spoonful. A hint of heat and coffee smothered in rich dark chocolate, Served with mascarpone and a bitter chocolate crumble

HAZELNUT MERINGUE R70
Fresh berries, passionfruit cream, and rum and vanilla soaked pineapple sandwiched between delicate hazelnut meringue

BAKED CHEESECAKE R65
Classic baked New York cheesecake served with blueberry compote

FRANGELICO AFFOGATO R65
Vanilla Ice cream served with Frangelico liqueur, a single Illy espresso, and hazelnut praline

FAT FISH CHEESE SELECTION
A choice of old fashioned Huguenot, blue cheese, brie, mature cheddar or chevin goats cheese served with homemade lavash bread and Fat Fish chutneys and jams

ONE CHEESE R55
TWO CHEESE R85
THREE CHEESE R115

#ShareTheShores

Expanding “Green Choices” into the Blue Economy of Marine Tourism

Plettenberg Bay prides itself in its promotion of responsible consumerism and its support of sustainable industries. The consumer landscape is shifting with the acceptance and endorsement of a growing eco-movement, green corporates becoming the trendier choice. One such establishment is The Fat Fish, a restaurant supporting sustainable fisheries and serving only WWF SASSI-approved green seafood choices. And now there is a team of marine scientists working on ensuring that our marine tourism sector is operating within the sustainable parameters associated with this green movement.

The rich biodiversity and beautiful natural setting of Plettenberg Bay afford residents and visitors a vast assortment of marine-based adventures ranging from swimming, surfing and paddling to diving, snorkelling and fishing; activities such as boat-based whale-watching (BBWW) and swimming with seals, the highlight of many travellers' expeditions. It's these two marine wildlife tourism activities that have been the focus of a new marine tourism branch of the Nature's Valley Trust (NVT) in association with Nelson Mandela University (NNU), WWF Nedbank Green Trust and the

Department of Environmental Affairs (DEA). Interest and participation in marine wildlife tourism activities, such as BBWW and swim-with-seals, has seen a rapid increase worldwide, South Africa being no different. BBWW became a permitted commercial industry in this country in 1998 when there were 20 permits available in 20 designated areas along the coastline. By 2018 this had grown to 40 available permits in 28 designated areas, with Plett having two of these permits.

The swim-with-seals industry has more recent beginnings; in South Africa the first operator started offering this activity at an island colony of Cape fur seals off Hout Bay, Cape Town, in 2009. We now have eight operators along our coast with the Robberg colony here in Plett supporting one such operator since 2011. While being regulated by regional nature conservation authorities, the swim-with-seals industry remains unpermitted by national government.

It is well known that both industries can provide substantial social and economic benefits and, if conducted appropriately, can even provide benefits to conservation. There are, however, concerns with regards to the sustainability of these industries

particularly relating to the potential negative impacts on the animals. To create or maintain sustainability, the social and economic outputs must not outweigh the environmental costs. In South Africa the sustainability of marine wildlife tourism has not yet been investigated, and this is where the marine team steps in.

Our team consists of Minke Witteveen (PhD student), alongside research assistants Sally Sivewright and Caitlin Judge, under the supervision of Dr Gwen Penry (NNU), Prof Amanda Lombard (NNU) and Dr Mark Brown (NVT). Together we will be investigating the behaviour of whales and dolphins and their interactions with vessels to ensure a sustainable industry. We aim to examine the potential behavioural effects of BBWW on whales and dolphins to measure any potential negative impacts. Additionally, we will be looking into customer satisfaction and the value-add of the industry to small coastal towns.

Furthermore, using the Robberg colony, Sally Sivewright and Caitlin Judge, under the guidance of Dr Steve Kirkman (DEA) and Dr Mark Brown (NVT), aim to investigate the potential behavioural effects of the unpermitted swim-with-seals industry. Here our goal is to provide scientific recommendations towards sustainable industry practice and effective regulation.

As we dive deeper into these two projects, we are excited to gain an understanding of how best we can #ShareTheSeas with the incredible marine mammals that use our beautiful bay. Follow us on Facebook: www.facebook.com/naturesvalleytrust.

THE DYNAMICS OF DISASTER

“Behind every man is a group of the most incredible women”

After the devastating fires of June 2017, numerous municipal and community organisations as well as private individuals got together and signed an unwritten pact of “Never Again”. Just over a year later and all these systems and plans were regretfully put to the test as our community yet again fought to save lives and infrastructure in a battle that saw over 80,000 hectares of land go up in flames. Yes, there is undoubtedly still room to improve but there is a system in place and an unbelievable sense of Ubuntu and community when we are threatened.

I have been fortunate to have been included in this tiny cog of the 'system', but while reflecting on the recent fire on a very personal level, as one does, I feel it is time for me and everyone else to recognise all the women who have stood behind us. They will remain anonymous, but I know that everyone of us out there has this same solid base of support.

This is a flash of that firefighting week and a small insight on how lucky we are to have so many women in our lives.

Sunday November 3: After a week of constant monitoring and liaising about the threat of fire to Plett's outlying communities, the call goes out that the fire is now threatening houses and lives close to Plett. At home I grab my gear, load a water tank onto a bakkie and head into the unknown inferno along with dozens of other volunteers and professional fire fighters. About nine hours later I return home. During that simple exercise of heading out and fighting a fire, each of us has some unbelievable women who've got our backs.

When a call goes out, it is those closest to us at home who pack a flask, grab the last bit of protective clothing and give us the first “take care out there”. Our partners and parents are then basically left in the dark from this point on. We almost selfishly concentrate on the task at hand, forgetting about the concerns of those at home.

The backbone of our volunteer organisation lies in two voices whom many may not even have met: our two control room voices. These ladies tirelessly manage our well-being, making sure messages are relayed correctly, that all crew are accounted for, that spare fuel for machinery is brought and, most importantly, that a happy voice is there to lift your spirits when the chips are down. They are our link to humanity when we often feel quite alone during Armageddon.

Then there are the world class sandwich makers who gather in church and school halls and make sandwiches that remind you of those long-ago packed lunch boxes - just like Mom made them. When last did you have a peanut butter and jam sandwich? I had four that Sunday.

When a call comes in to evacuate an area, an entirely different cog in the wheel kicks into action. Here again a control room is filled with ladies capturing every detail, dealing with false information, and making sure that everything is in place before the displaced people arrive. There are people in place to take care of every angle - counsellors, medical teams, animal welfare, clothing and food. The professionalism with which the evacuation of Buffelsnek and Sonskyn village was handled during the November fires is a real testament to how far Plett has come in handling these disasters. It was a world-class job, run by a mixed group of volunteers and professionals.

At the same time, safety and security become a real concern and roads need to be closed to stop people getting in the way of emergency services. If you listen on the radios and read the WhatsApp groups you will see that this is being bossed by some extremely capable ladies, too.

In Plett there is one thing that we are really fortunate to have and that is a Fire Department that is well trained and dedicated to the cause of looking after our community. There are lady firefighters who are happiest when they are in the thick of fighting fires, and others who keep us informed and sometimes entertained on the radio at HQ. This department is run by exceptional leaders and it is a real privilege to work alongside them.

So from all of us (we know who we are) to all of them (ladies, you know who you are), a massive thank you for being there for us, all of the time!

James Stewart

Local farmer, dog lover, adventurer and part-time scribe

FISH FOOD FOR GUPPIES

- Homemade Fat Fish fingers R60
- Grilled or fried hake and chips R70
- Chicken schnitzel with cheese sauce and chips R65
- Fried calamari and chips R60
- Noodles with meatballs in tomato sauce R60

Desserts

- Just because you can and because it's oh so delicious
- Kiddies waffles served with vanilla ice cream and butterscotch sauce R40
 - One scoop ice cream with chocolate or butterscotch sauce R40
 - One scoop vanilla and one scoop chocolate ice cream with chocolate or butterscotch sauce R55

Kids' Side Orders

- Chips R25
- Veggie bowl R35
- Cheese sauce R20
- Salad with lettuce, tomato, feta, cucumber and avocado R45



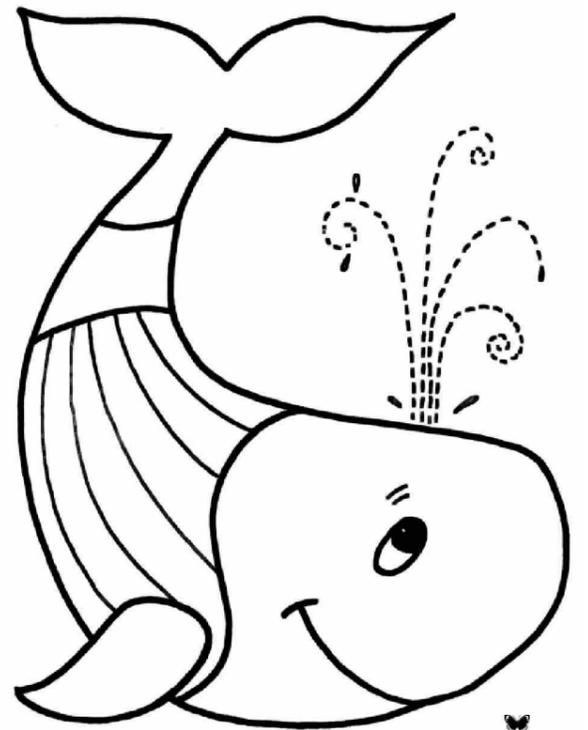
Get connected with local businesses in Plettenberg Bay

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#ShareTheShores




R25

ACTIVITY PACKS FOR KIDS AVAILABLE HERE

Each Pack Contains

- 4 x Non Toxic Crayons
- Colour Scene
- 7 Colour Stickers
- Colouring in Page

Join the Dots
Spot the Difference
Maze Puzzle
Word Search Puzzle
Crossword Puzzle



SUDOKU

Every row, column and box must contain all the digits 1 to 9. Each number can only appear once in every row, column or box.

Every puzzle has only one correct solution!

	7	4	9		2	5	3	
	6	2	8					4
	8		4	1	7	9	6	2
		7		2				6
4	5				9	2		
	2				6		5	1
	3			5			4	9
		5	2		3	8		7
	9			4				5

	5		4	3				
1		4	8	6				2
	3						4	8
4		2		5	8			
5			3	9		4	8	6
6		3			4	2		5
	6		7	2	1			
7	2	9		4	3			
	4		9	8		5		7

SOLUTIONS

7	2	9	8	6	1	4	3	5
1	9	8	4	5	6	2	7	3
4	6	1	2	7	5	9	8	3
9	6	2	7	1	3	8	9	5
9	8	4	2	6	3	7	1	5
6	7	1	8	9	2	6	4	3
8	4	7	9	1	2	9	3	6
2	9	6	9	8	4	7	1	3
6	1	7	6	3	4	8	2	5

BEACH WORD SEARCH

There are 19 words hidden in the grid below. The words are hidden across, down, diagonally and backwards.

S T I U S M I W S O E B I R
 U A M O C E A N X Y E O H V
 R D N C Y D O N U S F A G O
 C R E D F Z J B U H I T L L
 F A M A S G A O A L C L Y L
 A U U R E R H R Y O U A S E
 L G K R C T A O B G P U E Y
 L E O G H A S S A N R W E B
 E F C G C L H E H F N A E A
 R I I R E S S Y E E D V A L
 B L U G I S I R A M L E T E
 M Z L F L E W O T P A S O N
 U L O T I O N O S L L E H S
 E K Y A C O A S T R I E R I

SHELLS • SAND • WAVES • LOTION • LIGHTHOUSE • VOLLEYBALL
 TOWEL • SUN • SURFER • SWIMSUIT • SEAGULL • UMBRELLA
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